



### DEAR FRIENDS

*"Think left and think right,  
Think low and think high,  
Oh, the things you can think up,  
If only you try!"*

*-Dr. Seuss*

Welcome March! Only 20 days til spring... Tuesday, March 20! We're all looking forward to this season of renewal.

This is the birthday month of Theodor Seuss Geisel, lovingly known as Dr. Seuss, born March 2, 1904.

He firmly believed that our imagination can lead to discoveries beyond words. Seuss loved to invent new alphabets, "there are things that I see, that I never could spell if I stopped with the Z, my alphabet starts where your alphabet ends."

His whimsical advice and way of looking at daily life encourages us to think of creative ways to manage our challenges. What works one day may not work the next. Daily routines may go out of order. If you have any questions or need help, please ask us! We are here to support you!

The Alzheimer's Association, CT chapter, is presenting its' annual Dementia Education Conference on Thursday, April 19. This year it's being held at the Mohegan Sun Convention Center in Uncasville. Reservation forms are available at [www.alz.org/ct](http://www.alz.org/ct). This is an exceptional opportunity for both family caregivers and professionals to spend a full day gaining knowledge and gathering ideas.

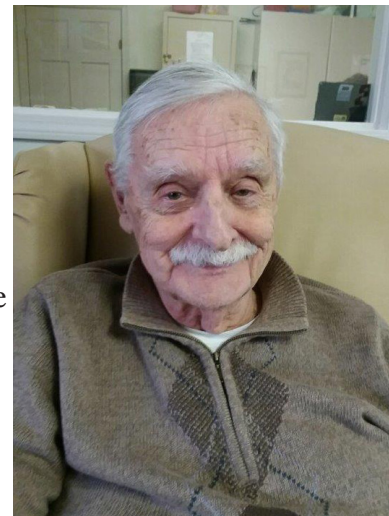
If you haven't done so in a while, pick up your favorite Dr. Seuss book. Share it with a loved one!

Think Spring!

Kate Blais, RN

### PERSON OF THE MONTH: CARL WEIS

Carl Weis was born in New Haven on May 15, 1929. The first born of Carl and Florence Weis, he was followed by three brothers and three sisters. His childhood crisscrossed the country, from a farm in New Jersey to California and back to New Haven to start high school. He attended Commercial High School and at age 17 he joined the Navy. He served on three ships, the USS Midway, USS Randolph, and the USS Kearsarge, during which time he visited 17 countries.



Once home from his military service, he returned to finish high school. He fell in love with Jean Tessier and they married in 1952. They had two daughters, Deborah Jean and Carlene Ann. His career began as a service helper for the Southern Connecticut Gas Company and he added a second fulltime job as a New Haven Police Officer. Realizing opportunity at the gas company, he remained until he retired as Service Supervisor.

In 1960, Carl moved his family from New Haven to Guilford. A deeply religious man, he was one of the first Eucharistic Ministers at St. George Roman Catholic Church. He was very active in his community, serving many civic groups like the Jaycee's, The Lion's Club, The Holy Name Society, The Knights of Columbus, Franciscan Order, and the Parent Teacher Organization. Carl also loved building things, big and small, from bird houses to a summer porch off of the garage.

Through the 80s and 90s, a favorite pastime was his grandchildren. In the winter, he would visit them in the Caribbean and Colorado. They would

visit him at the summer home he and Jean rented at Leetes Island. He looked forward to a whole month there, crabbing, clamming, fishing, and riding the rapid currents from the changing tide. Today he is enjoying the new generation of 6 great-grandchildren ranging in age from 7 to 1 with another on the way.

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## UNCORK YOUR CREATIVITY

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Join us on Wednesday, March 14 for a paint night fundraiser, run by Maureen Talarczyk! Create your own piece of art with expert direction and materials provided. Wine and food included, plus a raffle and silent action. All proceeds support the Strong House Adult Day Center. Space is limited. \$50 per person. To register, 203.458.4246 or StrongHouseCT.org.

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## HAPPY BIRTHDAY

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Sylvia Lunden 3/5  
Cynthia Farace 3/11  
Alyce Jones 3/13  
Vikki Petzold 3/13

We encourage you to send in a cake for the celebration!

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## RECREATION CORNER

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This month brings us lots of fun things! We'll be celebrating St. Patrick's Day throughout the month with a variety of activities, including a "Green Beer" Happy Hour. We'll be enjoying our many exercise, music, cognitive games, trivia, and arts/crafts programs among others. Our out trip this month is to the Madison House on 3/12 where we'll be doing a craft project with the residents. Our hairdresser, Jackie, will be here Monday, 3/5. Our massage therapist, Linda, will be here on 3/30. The cost is \$12.00 each. Let staff know if interested.

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## WELCOME NEW FRIENDS

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Barney Caggiano of Madison  
Bob Bagley of Killingworth  
Liz Stopa – part-time Van Driver  
Uma Maheswari Kathirvelu – Volunteer

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## REMINDER

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We will be OPEN on Good Friday, March 30.



**Have you "liked" us on Facebook yet?  
See more photos, updates on our activities and relevant healthcare news.**

This program is supported by the Senior Resources-Agency on Aging with Title III funds made available under the Older Americans Act.



# Strong House Adult Day Center

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StrongHouseCT.org